PHILIPPINE DAILY INQUIRER
BALANCED NEWS, FEARLESS VIEWS
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FORMER British Prime Minister Tony Blair tries on an Ateneo Blue Eagle jacket Monday during a Leadership Forum at the Ateneo de Manila University in Quezon City.



LATER that same day, Blair changes into a La Salle Green Archer jacket at a conference sponsored by Ateneo rival De La Salle University.

From Blue Eagle to Green Archer

By Volt Contreras

BRITAIN'S FORMER PRIME MINISTER Tony Blair yesterday won over audiences in Manila sharing what he described to be the primary "lessons" he had applied in international peace-building and in prodding societies to embrace change.

And his message appeared to take on unexpected colors—green and blue—when he spoke at two different venues in which two elite rival universities found a common champion in the visiting world leader.

Blair first spoke in the morning at the Ateneo de Manila University, where crowds erupted in cheers, especially when he donned the Blue Eagle jacket onstage.

Later in the day, "change" did come, at least in his wardrobe, at an afternoon conference whose spon-

FROM BLUE/A4

Blair willing to help RP

GMA confident he can deal with Moro rebels



PAPER CHASE Cabinet Secretary Silvestre Bello III and Press Secretary Cerge Remonde chase after President Macapagal-Arroyo who seems to be speed-reading through papers while rushing to meet former British Prime Minister Tony Blair in Malacañang on Monday.

By Christian V. Esguerra

THE CHARISMA AND charm that brought peace to Northern Ireland may be needed to put an end to the conflict in the Southern Philippines.

That's the hope expressed by Malacañang following a luncheon meeting yesterday between President Macapagal-Arroyo and Britain's former Prime Minister Tony Blair, the man credited with hammering out the Belfast Agreement of 1998.

"If there's anything we can do, we are willing to help," Blair told Ms Arroyo, according to Foreign Undersecretary Rafael Seguis, head of the Philippine panel in the peace talks with the Moro Islamic Liberation Front (MILF).

The two leaders discussed at the Palace meeting the separatist insurgency that has raged for four decades, said deputy presidential spokesperson Lorelei Fajardo.

"The President is confident Tony Blair, with all his experience, can contribute a lot to resolving our peace and order problems in Mindanao," Fajardo said.

The envoy to the Middle East for the

BLAIR/A4

Controversial Jolo general goes on leave

By Jocelyn R. Uy

MAJ. GEN. JUANCHO SABBAN, THE battle-scarred Marine commander pursuing Abu Sayyaf kidnappers in the 2-month-old hostage crisis on Jolo island, is going on a two-week furlough in the United States and Colombia.

Defense Secretary Gilbert Teodoro Jr. said yesterday that Sabban, military delegate to the crisis committee working for the release of three workers of the International Committee of the Red Cross, would address a counterterrorism seminar in Colombia.

Teodoro said the furlough had nothing to do with accusations by Sen. Richard Gordon, chair of the Philippine National Red Cross that the offi-

CONTROVERSIAL/A4

Media group hits RP's poor record on slays

By Nikko Dizon

A NEW YORK-BASED MEDIA WATCHdog yesterday condemned the Arroyo administration's "poor record" in solving the cases of Filipino journalists who were killed in the line of duty.

The Philippines, with its "exceptionally high number" of murdered journalists and especially low rate of prosecutions, "has long been the poster child of impunity," said Shawn Crispin, the Committee to Protect Journalists

MEDIA/A7

It's official: 2010 polls automated

By Christian V. Esguerra

THE HISTORIC AUTOMATION OF next year's synchronized national and local elections is now officially a go.

President Macapagal-Arroyo yesterday signed into law a bill appropriating an P11.3-billion supplemental budget for the full automation of the elections, a first in Philippine history.

Ms Arroyo's signing of Republic Act No. 9525 came with an implied message from Malacañang for the Commission on Elections (Comelec) to deliver on its side of the bargain.

Comelec Chair Jose Melo has been very vocal about having the supplemental budget released, warning that lawmakers would jeopardize poll automation unless the budget measure was passed soon.

"The supplemental budget for poll automation was signed by [the President] today," Gabriel Claudio, presidential adviser on political affairs, announced.

IT'S OFFICIAL/A12

Cardinal sees good, bad sides in Panlilio bid

By Dona Z. Pazzibugan and Tonette Orejas

WITHOUT RAISING ANY OBJECTION to the idea, Manila Archbishop Gaudencio Cardinal Rosales said yesterday that a Catholic priest like Pampanga Gov. Ed Panlilio running for president in 2010 would have its "good side and bad side."

Rosales said the issue was not a religious one, but a question of character and qualification.

"The issue here is, 'Is this a person of integrity? Is this a person who won't

CARDINAL/A4

NETWORK WARS

Pacman: ABS-CBN broke embargo



PACMAN finds himself in a different kind of ring.

By Bayani San Diego Entertainment and Jasmine W. Payo Sports

MANNY PACQUIAO, A MASTER in the boxing ring, has stepped into a different kind of ring—one that has placed him right in the middle of a fierce rivalry between the country's two biggest networks.

In a teleprompter conference yesterday reported by GMA 7 and Solar Sports, Pacquiao denied he had severed ties with Solar Sports and said the video on his planned transfer to ABS-CBN was prematurely shown by the Lopez-controlled network.

He said he had an agreement with ABS-CBN that the statement on his transfer would not be aired until he had threshed out certain issues regarding his contract with Solar Sports.

PACMAN/A4

Pols told: Spare traffic signs from political ads



By Kristine L. Alave

LORD, DELIVER US FROM POlitical ads posted at road intersections, on street signs or next to traffic lights.

With the elections barely a year and a month away, Public Works Undersecretary Rafael Yabut has appealed to politicians to spare road intersections, traf-

POLS TOLD/A11

Pagasa tips on surviving summer heat

By Nikko Dizon

TEMPERATURES ARE PREDICTED TO rise until May, according to the weather bureau.

Weather forecaster Robert Sawi of the Philippine Atmospheric, Geophysical and Astronomical Services Administration (Pagasa) gave these five easy-to-follow tips on how to survive the summer heat.

PAGASA/A12

Dacer-Corbito case: Murder? Where are bodies?

By Norman Bordadora

THE SUPPOSED SKELETAL REMAINS of publicist Salvador Dacer and his driver Emmanuel Corbito, which were presented as evidence of their murder, didn't come from human remains, a defense lawyer of one of the policemen accused in the double slaying said yesterday.

Lawyer Alex O. Avisado said this was the finding of a DNA analysis by a University of the Philippines institute in 2001.

"In other murder cases, you determine the guilt of the accused. As far as we are concerned, we have yet to conclude that there was indeed a murder," he said.

Avisado said the analysis, conducted by the UP Natural Sciences Research Institute (UP-NSRI), was requested by then National Bureau of Investigation Director Reynaldo Wycoco.

The analysis was reported out on May 22, 2001 and showed that the bones yielded no human DNA, accord-

DACER-CORBITO/A4

Second FRONTPAGE

MEGALOTTO 6/45

P5,263,691.40

'Smith detention follows VFA'

Let's wait for SC decision, says Kenney; no comment on 'Nicole'

ILOILO CITY—CONVICTED RAPIST LANCE CPL. Daniel Smith will remain at the United States Embassy until the Supreme Court decides with finality on the issue of his detention, US Ambassador Kristie Kenney said here Monday.

China set to build aircraft carrier

Ombudsman names most-corrupt agencies



Narita crash causes Naia delays

Alleged billion-peso shabu smuggler, others hunted

Maker of popular peanut butter shut down

Fewer Pinoys hungry, latest survey shows

HUNGER AMONG FILIPINO families has eased, with the number of households saying they had been hungry the past three months dropping from a record-high 4.3 million in the number to 2.9 million in February, a recent Social Weather Stations survey showed.

The latest figure is equivalent to 15.5 percent of Filipino families, eight percentage points lower than the December high of 23.7 percent.

Hunger incidence has been at double digits since June 2004.

SWS attributed the drop in overall hunger to a seven-point decline in moderate hunger (experienced once or a few times) and a single-point decline in severe hunger (experienced often or always).

Moderate hunger fell from a record-high 18.5 percent or 3.3 million families to 11.5 percent or two million families, while severe hunger went from 5.2 percent or about 940,000 families to 4.4 percent or about 830,000 families.

Overall hunger declined in all areas, with Mindanao recording the biggest drop (22 points), going from a record-high 33.7 percent or 1.4 million families to 11.7 percent or about 490,000 families.

The Metro Manila rating fell six points, from a record-high 23.5 percent or about 579,000 families to 17.5 percent or about 420,000 families.

In the rest of Luzon, overall hunger went from 20 percent or 1.6 million families to 15 percent or 1.2 million families. It declined by just one point in the Visayas, from 20.7 percent or about 750,000 families to 19.7 percent or about 730,000 families.

Moderate hunger also fell in all areas, declining by 18 points in Mindanao, seven points in Metro Manila, five points in the Visayas, and three points in the rest of Luzon. *Cecil L. Bonaobra, Inquirer Research*

Dacer-Corbito case: Murder? Where are bodies?

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Cavite



LACSON

Genetic testing abroad

Hearsay

Not worried

Cardinal sees good, bad sides in Panlilio bid

From page A1

Fed up with system

Let people speak



ROSALES

Support from other churches

Lay leaders

Other canon lawyers

Second look

Pacman: ABS-CBN broke embargo

From page A1

ABS-CBN side

Just a misunderstanding

Pacquiao mistake

THE DAILY GOSPEL

DOJ orders drug raps filed vs 'Alabang Boys'

Genoveva E. Matute, Tagalog writer; 94

Pirates attack Pinoy-crewed ship

Blair: The battle is for Islam

By John Mary

Mick Jagger

Global alliances

From Blue Eagle ...

Be humble

Interdependence

Unforgivable not to try

Most corrupt in East Asia

Her Britannic Majesty's loyal texter

By John Mary

Blair willing to help RP

Ancestral domain

New approach

Resumption of talks urged

Controversial Jolo general goes on leave

Object of ire

Crisis management group

RP leads in signing green laws, lags in enforcing them

By Julie M. Aurelio

Media group hits RP's poor record on slays

Exposé murder

PHILIPPINE DAILY INQUIRER
OPINION

Failure of 'trapos'

EDITORIALS

"HOW MANY DIVISIONS HAS THE POPE?" Josef Stalin asked in 1935 when French Foreign Minister Pierre Laval suggested that the Soviet Union encourage Catholicism in order to propitiate the Pope. Similarly, people who doubt the electability of probable presidential candidate Ed Panlilio may now ask, "How many campaign workers can he muster?" and "Will he be able to draw enough votes to win the presidency?"

Several groups recently proposed that the Pampanga governor, a priest on leave, run as a reform candidate as an alternative to the traditional politicians who run for president every six years. The proposal to draft Panlilio as a candidate is part of the strong reaction to the failure of traditional politicians who have served as presidents to provide real leadership to the nation.

The perception is that failure of leadership is largely to blame for the very slow social and economic development of the country. More specifically, the clamor for reform-minded candidates is a strong reaction to the failure of President Macapagal-Arroyo to provide moral and dynamic leadership to the nation in these crucial years.

Ms Arroyo's record makes her a prime example of what a national leader should not be. A Pulse Asia survey in 2007 said that she was perceived to be the most corrupt president the country has ever had. A recent SWS survey pegged her satisfaction rating at negative 32. Poverty has worsened under her administration. Her human rights record ... The political situation now is not unlike that in 1985-86 when the nation was looking for an alternative to the dictator, Ferdinand Marcos, who had called for a snap presidential election. The opposition chose Corazon C. Aquino, widow of the assassinated Sen. Benigno S. Aquino Jr., as its standard-bearer. The 1986 snap election was generally perceived as a fight between Good and Evil. Evil at first prevailed because of cheating and other political manipulations. But in the end, Good won with the help of People Power.

The scenario now is not exactly similar because Ms Arroyo cannot run for reelection. But we don't know what she has up her sleeve; she may yet spring a surprise at the 11th hour and find a way to remain in power. But if a presidential election is held in 2010, the nation will see more of the same: a gaggle of trapos running for president.

That is why concerned groups are now looking for new faces, people who fit their idea of what a real leader should be. First they proposed Chief Justice Reynato Puno, but he declined to be drafted, saying that he would rather attend to his grandchildren after his retirement. Now they are suggesting Panlilio, but he has not given a definite answer.

If he finally decides not to run, he could render a signal service to the nation by being the lead convenor in the selection process for a reformist candidate. It's time we had a president who will lead the nation to progress, not to perdition.

Leaders

WHAT SHOULD A GOOD NATIONAL LEADER do, and what should his objective be? In 2000 Time magazine drew up a list of 20 people who helped define the political and social fabric of our times. The list included totalitarian leaders like Hitler, Lenin, Stalin and Mao Zedong.

Also on the list were:

- Winston Churchill, who found fulfillment in leading the democracies to victory in World War II.
- Mohandas Gandhi, who shaped India's struggle for freedom.
- Martin Luther King, who led a mass struggle for racial equality that doomed segregation and changed America forever.
- Nelson Mandela, who set an example of moral integrity that shines far beyond South Africa.
- Pope John Paul II, the most tireless voice of a secular age who reminded humankind of the worth of individuals in the modern world.
- Franklin D. Roosevelt, who lifted the US out of economic despair and helped make the world safe for democracy.

These leaders believed in causes larger than themselves; they thought of their nations and humankind before themselves. They were the embodiment of selflessness. Can we say the same thing about our trapos?

Publisher Isagani Yambot
Editor in Chief Letty Jimenez-Magsanoc
...
Board Chairman Marixi R. Prieto
President Alexandra Prieto-Romualdez



Paradoxes' promises

VIEWPOINT
Juan L. Mercado

"[GOVERNMENT] GOES ON IN STRANGE paradox: decided only to be undecided, resolved to be irresolute, adamant for drift, solid for fluidity, powerful for impotence." That's how Winston Churchill, in November of 1936, skewered the party then in power.

Isn't this the theme that also underpins "Paradox and Promise in the Philippines"? The European Union, the Asian Development Bank and five other agencies published this 141-page study.

...

E-mail: juanlmercado@gmail.com

Panlilio for president

THERE'S THE RUB
Conrado de Quiros

...

Blair as major catalyst for Northern Ireland's peace

POLITICAL TIDBITS

Belinda Olivares-Cunanan



Obama's voice

AT LARGE

Rina Jimenez-David



Tony Blair, essentially

NEWSSTAND

John Nery



Living in a cage

YOUNG BLOOD

Benralph Sanchez Jr.

Senior citizens' law is obsolete

Good news worth sharing: GSIS responsive, after all

LETTERS

Hope springs from rescue story

Taguig story smacks of electioneering

Madoff in US, De los Angeles in RP

MILF blamed for bombings; 9 wounded

COTABATO CITY—The military blamed Moro rebels for a series of bomb attacks in Central Mindanao over the weekend that left at least nine people wounded and property worth millions of pesos damaged.

Power outage

NEWSBRIEFS

LAGUNA

Militant survives slay attempt

LUCENA CITY

Ex-soldier killed

BATANGAS CITY

Guard shot dead

ROXAS CITY

Soldier slain



PINTADOS DE PASI
Participants portraying themselves as warriors display their tattoos during the Pintados De Pasi festival in Passi City, Iloilo.

Davao drivers strike against new LTO fines

Gov't gives livelihood trainings for laid-off workers

'Worst is yet to come,' says Salceda of economy

HOMETOWN Snapshot

Opera at the Burnham Lake for cost-conscious visitors



It's official: 2010 polls automated



HELD

A legislative gift

Manual counting

Voting machine suppliers

Kiko says he's interested in No. 2 post

Pagasa tips on surviving summer heat

Cotton is in, black is out

Other tips

It's hotter in Cabanatuan

Pols told: Spare traffic signs from political ads

World Of Sports

Nadal tops Indian Wells



Nadal

Louisville in NCAA final 16

Goosen wins Transitions

Rockets nip Spurs, wrest S'west lead



Battle of GMs up in Dapitan today; So favored



So



Torre

Japan vs Korea for WBC title

Illam...

Olympic body accused of partiality

Sportswatch

NCA derby on at Ynares

Liga II: Red Oilers up 2-0

Bouts at Elorde Awards

Sorry, Manny Pacquiao can't go home again

Bare Eye



Recah Trinidad

SPORTS

Illam sustains bid to sweep SEA Youth tourney

By Cedelf P. Tupas

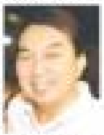




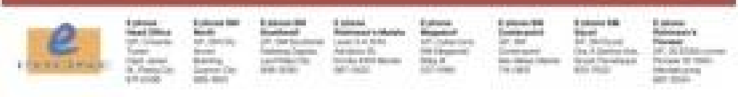


Salud: There's evident fraud

By Recah Trinidad


SALUD

RP-Nokia 5 in PSA Forum



A plus METRO



HELL BREAKS LOOSE INSIDE PASIG POLICE HEADQUARTERS

Teen runs amuck, stabs 8

JONATHAN TIPLADO SEEMED like any ordinary youth in conflict with the law when authorities brought him to the Pasig City police headquarters as a suspect in a stabbing incident at around 4 a.m. yesterday.

'Crazy' legislation puzzles DENR chief





SPEEDING TRUCK

A delivery van carrying huge blocks of ice lies on its side on Bonifacio Drive, Port Area, Manila. Witnesses said the driver of the van, who was hurt in the accident, was driving fast.

La Loma police implement color-coding for tricycles

By Julie M. Aurelio

Manila cops criticize MPD memo on uniform

By Jeannette I. Andrade

METROBRIEFS

3 workers saved from factory fire

QC opens air-conditioned taxpayers lounge

Fire hits school in Pasay City

Financial management seminar on March 25

Navotas City gov't to build dike to reduce flooding

By Beverly T. Natividad

Teen runs amuck

From page A1

Gordon 'meddling' as Red Cross official

ON TARGET



Ramon Tulfo

UN expert: Israel's Gaza attacks possibly a 'war crime'



A PALESTINIAN woman cries as she holds a picture of her son, held in an Israeli prison, during a protest in Gaza City calling for the release of prisoners held in Israeli jails on March 22. AFP

GENEVA—THE UNITED NATIONS expert on the Palestinian territories said in a report on Monday that there was "reason" to conclude that Israel's military operations in the Gaza Strip were war crimes.

Richard Falk said in order to determine if the war was legal, it was necessary to assess if the Israeli forces could differentiate between civilian and military targets in Gaza.

"If it is not possible to do so, then launching the attacks is inherently unlawful, and would seem to constitute a war crime of the greatest magnitude under international law," Falk wrote in the report to be presented to the UN Human Rights Council.

"On the basis of the preliminary evidence available, there is reason to reach this conclusion," he added, pointing out that attacks were targeted at densely populated areas.

Furthermore, as the borders of Gaza were sealed, civilians were unable to flee from the attacks, Falk noted.

Falk had focused his report on the legal issues arising from the war, as he had been unable to enter Gaza to assess the human rights situation on the ground.

He attempted a mission in December, but was detained by the Israelis in a facility close to Ben Gurion airport before being expelled a day after.

"Such a refusal to cooperate with a United Nations representative, not to mention the somewhat humiliating treatment accorded has set an unfortunate precedent with respect to the treatment of a representative of the United Nations Human Rights Council, and more generally of the United Nations itself," Falk wrote.

Falk has been highly critical of Israel's policies against the Palestinians, saying early December that they amounted to a crime against humanity.

When expelling him, Israel's foreign ministry accused Falk of "legitimizing Hamas terrorism."

"Israel has made clear that Mr. Falk was not invited, nor would he welcome in Israel, under his capacity as special rapporteur" for human rights, the foreign ministry said then.

Falk in January also charged that Israel's military operations in Gaza raised the "specter of systematic war crimes" and needed to be investigated.

Israel in late December launched a three-week offensive in Gaza which left over 1,300 Palestinians dead and countless of homes destroyed. AFP

WorldBriefs

Pope decries African wars at Mass for 1 million

LUANDA, Angola—Pope Benedict XVI celebrated Mass for the largest gathering of his African pilgrimage, telling a crowd on the outskirts of this seaside capital that reconciliation on the war-ravaged continent would come only with a "change of heart, a new way of thinking." The Vatican said as many as 1 million people turned out on Sunday in the dusty field near a cement factory to hear the Pope at the last major event of his seven-day trip, which began on Tuesday in Cameroon. Speaking from a tented pink altar, the Pope said wars in Africa had "reduced the poor to slavery and deprived future generations of the resources needed to create a more solid and just society." "How true it is that war can destroy everything of value," said Benedict, wearing a pink cape and keeping his sweaty brow with a white handkerchief kept inside his sleeve. AP

Obama implies rejection of House bonus tax plan

WASHINGTON—President Barack Obama wagered significant political capital on Sunday, signaling opposition to a highly popular congressional drive to slap a punitive 90-percent tax on bonuses to big earners at financial institutions already deeply in debt to taxpayers. Obama defended his stand by saying the tax, passed quickly in the House of Representatives last week, would be unconstitutional and that he would not "govern out of anger." He declared his determination, nevertheless, to make Wall Street understand it must shed "the old way of doing business." In a wide-ranging interview broadcast on Sunday night, Obama also acknowledged surprise at how quickly the US economy crumbled between the November election and January inauguration. AP

Montana plane crash kills 17, mostly kids

A PRIVATE plane carrying children and adults from California to a skiing vacation in Montana diverted from its planned destination and crashed on Sunday when it attempted to land at an airport in Butte, Mont., and a Federal Aviation Administration official said that all on board—14 to 17 people—were killed. A mechanic at a California airport where the plane had stopped in the morning said that there were about a dozen children on board. Witnesses at the scene of the crash said the aircraft was turning at a steep angle as it approached Bert Mooney Airport on the outskirts of Butte at mid-afternoon when it abruptly plunged into a wooded area in Holy Cross Cemetery and burst into flames upon impact. NYT

China police detain Tibetan monks after riot

BEIJING—Chinese police have detained at least 100 monks after hundreds of people rioted and attacked a police station in an ethnic Tibetan part of the western province of Qinghai, state media said on Sunday. Protests by Buddhist monks on March 14 last year led to the deaths of 18 people and sparked waves of protests in Tibetan areas. Earlier this month, Tibet's self-exiled spiritual leader the Dalai Lama lamented that Tibet, which he fled 50 years ago, had become a "hell on earth" thanks to repressive Chinese rule. Reuters

Spain confirms its troops to leave Kosovo by summer end

MADRID—The Spanish government confirmed on Sunday it would withdraw most of its 600 troops from Kosovo by the end of the summer, backtracking on an earlier statement suggesting that the forces may remain longer. Twenty-two of the 27 European Union states have recognized Kosovo, which declared its independence from Serbia last year. Spain is one of the five that have refused to recognize Kosovo as independent, along with Cyprus, Greece, Romania and Slovakia. The Spanish government fears that recognition could set a precedent for sensitive regions of Spain. Reuters

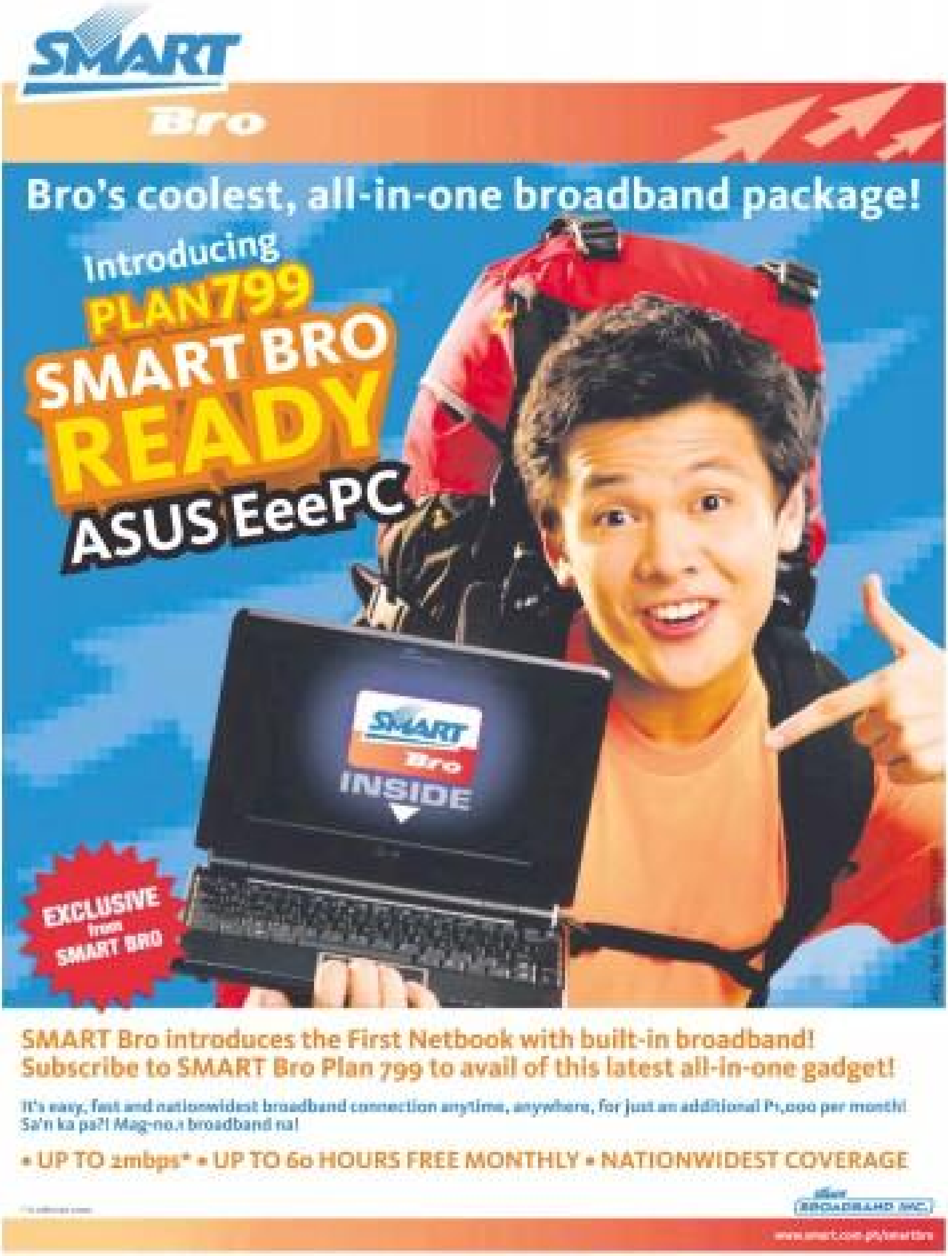
The WORLD

US unveils toxic asset plan; markets rally

WASHINGTON—THE US GOVERNMENT fleshed out a plan on Monday it hopes can purge banks of up to $1 trillion in toxic assets, a key element of its drive to pull the world's biggest economy out of a deep recession.

[illegible]

Reuters



IN THIS ISSUE

Business

Investors swamp treasury bill auction

Currencies

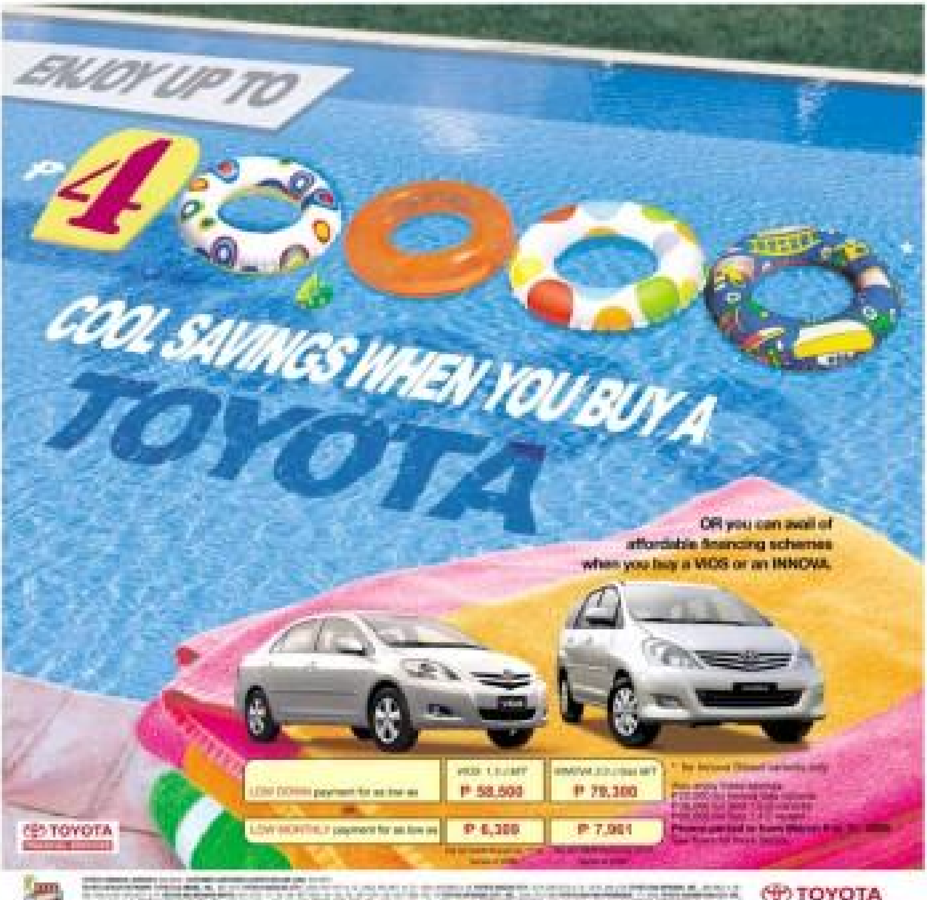
Stock Market

Stocks rise 2.46%

All maturities oversubscribed; 91-day rate at 4.421%

INVESTORS SWAMPED YESTERDAY'S AUCTION OF TREASURY bills as the government's offers were oversubscribed by at least twice across all tenors amid expectations of continued cuts in the policy rates of the Bangko Sentral ng Pilipinas (BSP).

Exporters seek VAT exemption on local sales



Metrobank to slash costs by 5%, invest ₱1.27B in IT

Bracing for tough year ahead

Aussie firm farms out SC 54 interest



DOT WELCOMES LUXURY HOTEL TO RP

Crisis cuts RCBC net profit by 33% to ₱2.15B in 2008



Investors ...

Exporters ...

Philippine Stock Exchange

Currencies

$3.92B in foreign debt prepaid last year

Borrowers anticipate weakening of peso vs the US dollar in '09

Gov't housing finance unit may sell more bonds

FCDUs want asset cover arrangement kept

Gov't to seek more mining investments

Business

RP seen on the right track with stimulus plan

What a blight idea!

BREAKTIME



Conrado R. Banal III

Analyst expects longer term benefits from infra spending

By Ronnel W. Domingo

Gov't may have to intervene to resolve Pujada mine row

By Riza T. Olchondra

Banks to receive tax payments on stocks

By Michelle V. Remo



TIYES

DOE sees need for $8.5B in RE investments

By Abigail L. Ho

Manila Mining renews Caraga mineral permits

Riza T. Olchondra

Editor: Thelma Sioson San Juan

LIFESTYLE Wellness







SUITE for couples has a bath tub filled with fresh flowers and aromatic oils.

Have your own 'me day'

By [illegible]

ONCE IN A WHILE, I indulge in a "me day." This is when I turn off my cell phone, and leave the afternoon to just relax and pamper myself. I do this to celebrate an accomplishment or to relieve stress. It doesn't matter what the reasons are. I highly suggest you, too, set aside a "me day" for yourself.

For my "me day," I went to Le Spa at Sofitel Philippine Plaza Hotel. There is something about being close to the bay. The hotel's resort atmosphere makes you feel like you can somehow fit away and out in the middle of Manila.

Le Spa has an impressive grand entrance where you are met by ladies whose uniforms I want to copy. The linen wrap-arounds make perfect resort wear; they don't look like uniforms.

Hot tea is served while you are seated on oversized rattan chairs and a menu of services is presented to you. Then you are escorted to a waiting lounge where you choose your massage oil fragrance, room fragrance and music. Yes, you can choose your music. I chose chill/lounge music over [illegible], which is another favorite.

I decided to keep my treatment simple and stress-relieving by choosing a one-and-a-half hour Philippine hilot massage.

The other more exotic treatments include Hypnotic Queen's touch, an hour of full body massage using black [illegible] smooth stones to rebalance body, mind and spirit; Marrakesh Sweetness, gentle [illegible] exfoliation followed by a massage with [illegible] strokes to let you regain your awareness of bodily sensations; Brazil [illegible], instrumental massage combining manual maneuvers and Brazilian bamboo stick for a rhythmic, hypnotic drumming result.

There's also Kerala's Soul, an Indian-inspired head massage using Kansa copper bowl to clear away invisible tensions linked to jet lag. I wish I could have tried them all.

I was lulled into a much needed and highly appreciated deep sleep during each heavenly massage. I was grateful for an afternoon of sheer relaxation, with no appointments and deadlines.

Le Spa at Sofitel Philippine Plaza Hotel Manila is truly the place to visit on your next "me day." And when you are there, get a facial too. Le Spa offers facial and body [illegible] treatments, among others.

I was grateful for an afternoon of sheer relaxation, with no appointments and deadlines



AT THE mixing room, you choose not only the music you'll want played in your treatment room but also the essential oils you want for your massage oil and room fragrance.

About to tell your wife she's fat? Don't









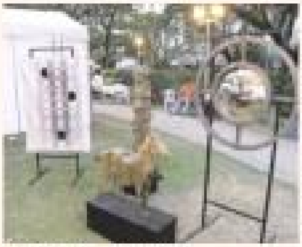
Don't stash cash under the bed, buy art instead



ART AFTER Dark

The day artworks were brought out of the galleries, onto the park







GLAZED mugs

Sunshine vitamin blocks degenerative disease







Do you easily run out of breath when exercising? You may be anemic

Sporty women

Out-of-body experience during sleep happens to many people

INNER AWARENESS



Jaime T. Licauco

Dream of past life in Egypt

Sardine, mackerel, tuna good for brain and heart

INSIDE OUT
Cory Quirino

ALTHOUGH WE CANnot stop time and the toll it takes on our bodies, we can slow down the sagging and wrinkling. Dr. Nicholas Perricone in "The Perricone Prescription" shares valuable tips.

Only one food is considered the quintessential brain food—fish. But not just any fish. It has to contain high levels of antioxidant dimethylaminoethanol (DMAE), like salmon, sardine, mackerel, tuna, anchovy and herring.

The flesh of the fish, especially salmon, contains the DMAE. This antioxidant will improve memory and boost brain activity. It is the building block of the neurotransmitter acetylcholine, which allows communication between nerves. Thus, as it declines, so does the body's muscles.

In general, the higher the fat content of fish, the higher its omega-3 and the stronger your heart.

Mood food

Psychological problems like depression, bipolar disorders, postpartum blues and suicidal tendencies have all been linked to low consumption of omega-3. A study by the Brigham and Women's Hospital in Boston showed manic-depressive patients who did not respond to conventional therapies dramatically improved when they began taking fresh salmon.

Many have lauded the benefits of a low-fat diet. But done to the extreme, this diet can wreak havoc on your brain. Bouts of anxiety, insomnia, skin problems and mood swings have all been connected to drastic dietary changes like the radical omission of fat.

Good fat from fish and nuts is the best choice to maintain a balance of mood and good health. Extra-virgin olive oil, if taken one tablespoon a day, is enough to prevent hair loss, kidney and liver problems. It's because of the oleic acid in olive oil, a polyphenol known as a powerful antioxidant.

Note: Nuts can turn rancid. It is best to keep them in the refrigerator. Stock up on walnuts, cashews and almonds, but keep them away from high temperature.

The brain-skin connection is strong. It begins in the womb. When a fetus develops, its tissues are derived from a specific layer of cells. This is the same layer of tissue where the brain is derived from, thus, the strong connection between the two structures.

Beauty bath

In a tub of warm water, mix two tablespoons of extra virgin olive oil and two tablespoons of virgin coconut oil. Relax and luxuriate. Add a drop or two of bath oils after rinsing for a rich body soak.

Energizer

Studies by Dr. Conrado Dayrit revealed that the intake of virgin coconut oil will be converted into energy by your liver within 30 minutes. Take two tablespoons on an empty stomach or mix with oatmeal/juice/salad. Virgin coco oil for internal and external use is available at World of Wellness. Call 733-0070.

Affirm today: "My energy is boundless, my expectations limitless."

Love and light!



Health club package

[illegible]

WHAT'S UP

Culinary courses

[illegible]

Midnight happy hour

[illegible]

Theme park package

[illegible]

Art fair in Singapore

[illegible]

Tambuli Awards

[illegible]

ENTERTAINMENT

INSIDE



Hale and *hearty*

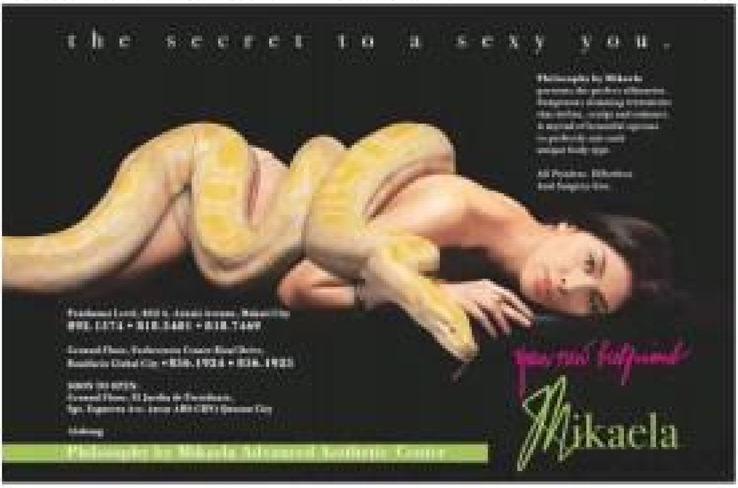
Pop-rock band talks about feeling positive and helping young people

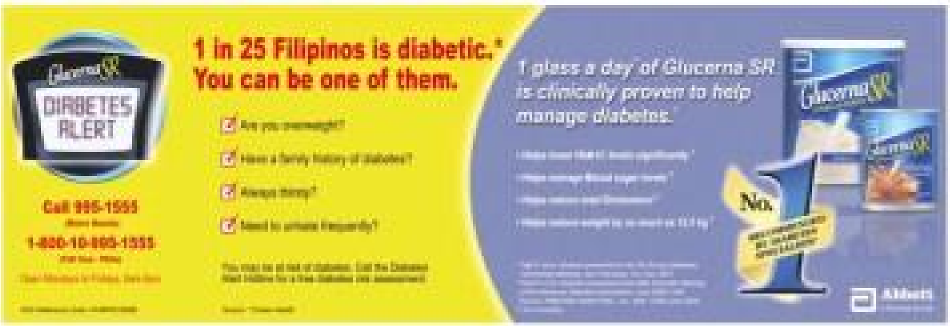




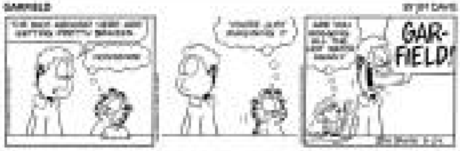
Jed salutes OPM

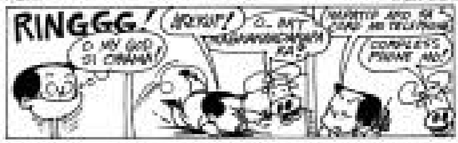
Britney's 'Circus'





GARFIELD







DICK TRACY



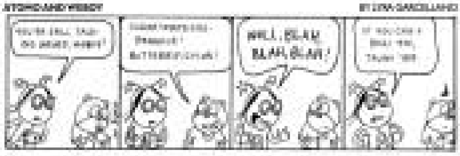


JAMES BOND









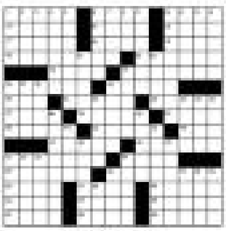


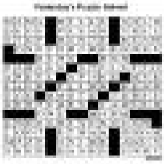




HOROSCOPE

DAILY CROSSWORD





CONCEPTIS SU DOKU

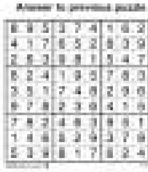
Conceptis Sudoku

	9						2	6
5	4	6				8		7
	3		8	5			4	
		3			4			
		4		9		6		
			6			3		
	6			1	2		8	
7		8				2	6	3
3	5						1	

Difficulty Level ● ●

HOW TO PLAY SU DOKU

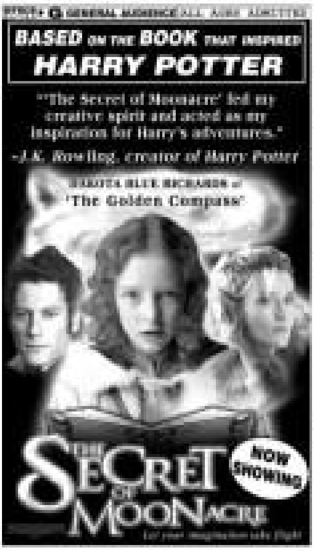
Answer to previous puzzle

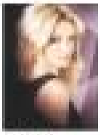




HOLL, foreground, at Hale's studio, with his band mates tapping on the glass window.

Hale . . .





BRITNEY Spears



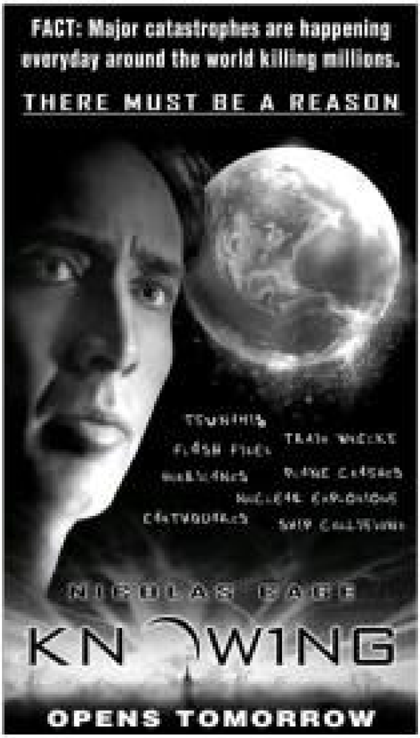
JED Madela

Jed salutes OPM

Peryodiko's debut

Jason Mraz returns

Viva signs up Fil-Portuguese singer




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• The Ultra Broadband Blowout for myDSL's biggest PC and broadband event
• The biggest car drifting exhibition at the Speed Circuit
• The hottest clubs like Ascend and Embassy Superclub at the Fort, Manor in Eastwood, and Club Vudu in Cebu
For the complete list of event details visit www.myworldmydsl.com

ENTERTAINMENT

No room for jealousy

DOLLY WOOD



Dolly Anne Carvajal

Single yet unavailable

Guess list

Food tour



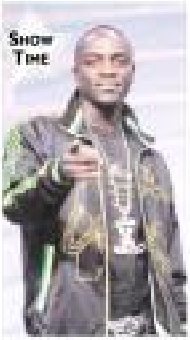
NEW LOVE EMERGING



SAM Milby KIM Chiu

Search on for next Kim, Sam

Sun and rain



Akon Manila concert

[illegible]

No room…

From page E1

[illegible]

Greatest hits

[illegible]

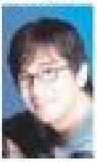
Fundraising concert

[illegible]

Search on…

From page E1

[illegible]


LAURENTI Dyogi

[illegible]

Stars as newsmakers

VIEWFINDER



Nestor U. Torre

Mikee Cojuangco

Pops Fernandez

Streetdance forum

Anvil trophies





Leno's comic couch seats world's most powerful man

RUSHES SPECIAL

Wake for Natasha

Undisclosed illness

Winehouse denial

Warhol's world

No infringement

Rudd's star rises

Novel voyage

What recession?

Triumphant talkers, self-effacing jesters



Text and illustration by Oliver M. Pulumbarit

'Chelsea Lately' (11:30 p.m., Tuesday to Saturday, ETC)

CLICK!

'Jimmy Kimmel Live!' (10:00 p.m., nightly, Star World)

'Late Night With Conan O'Brien' (Recently aired on JackTV)